



Feel for Lumps.  
Save Your  
Bumps!



## Naval Health Clinic Cherry Point Behavioral Health & Wellness Classes

Class	Date/Time	To Register Call/Email
<b>Nicotine Cessation Counseling</b> <b>Open to all!</b> Call if you need assistance in quitting any form of Nicotine or if cessation medication is desired.	One on One Appointments or Groups are available between 0730—1600	466-0277 <a href="mailto:paula.a.pendrick.ctr@mail.mil">paula.a.pendrick.ctr@mail.mil</a> Awareness Briefs available too
<b>Diabetes Self Management</b> <b>Open to all!</b> Do you need assistance in managing your Diabetes? Please email or call for a phone appointment.	One on One Appointments Available 0700-1530	466-0921 and Press option #3 <a href="mailto:Michelle.l.amber.civ@mail.mil">Michelle.l.amber.civ@mail.mil</a>
<b>Active Duty Weight Management</b> <b>Active Duty Only!</b> Do you need assistance with a weight management plan? Please call for a phone appointment.	One on One Appointments or Groups are available 0700-1530	466-0921 and Press option #3 <a href="mailto:Michelle.l.amber.civ@mail.mil">Michelle.l.amber.civ@mail.mil</a> (All Active Duty press #3)
<b>Perinatal Bereavement Support Group</b> <b>Open to all!</b> Support for perinatal loss, miscarriage or infant death.	Please contact if needed.	466-0919 <a href="mailto:Jesscah.C.Coulston.mil@mail.mil">Jesscah.C.Coulston.mil@mail.mil</a>
<b>Cognitive Behavioral Therapy (CBT)</b> <b>Active Duty Only!</b> Shown to be effective in treating issues related to depression.	1400-1500 –Tuesdays	466-0932 Ms. Leslie Johnson <a href="mailto:Leslie.r.johnson65.ctr@mail.mil">Leslie.r.johnson65.ctr@mail.mil</a>
<b>Dialectical Behavioral Therapy (DBT)</b> <b>Active Duty Only!</b> Emphasizing skill building in distress tolerance, interpersonal efficacy, emotion regulation, etc.	1300-1400—Wednesdays Starting September 16th.	466-0933 <a href="mailto:Kasie.m.cannon.ctr@mail.mil">Kasie.m.cannon.ctr@mail.mil</a>
<b>Outpatient Coping Program (OCP)</b> <b>Active Duty Only!</b> Coping skills to reduce stress.	1300-1400—Fridays	720-0292 <a href="mailto:Shelia.r.pope2.ctr@mail.mil">Shelia.r.pope2.ctr@mail.mil</a>
<b>Medications Group</b> <b>Open to all!</b> Everything you need to know about meds prescribed for anxiety, depression, PTSD, & the importance of sleep.	0830—1000—Tuesdays	466-0933 - Ms. Dana Smith <a href="mailto:Mandana.a.smith.ctr@mail.mil">Mandana.a.smith.ctr@mail.mil</a>
<b>Difficulties Sleeping?</b> <b>Active Duty Only!</b> If you are experiencing trouble sleeping, this class is for you.	0830-0930—Wednesdays	466-0933 - Ms. Dana Smith <a href="mailto:Mandana.a.smith.ctr@mail.mil">Mandana.a.smith.ctr@mail.mil</a>
<b>Jr. Men's Group</b> <b>Active Duty Only!</b> Adjustment to military life and life stressors.	1300-1400—Thursdays E1—E3 Meet Oct 1st, 15th & 29th. E4—E5 Meet Oct 8 & 22nd	466-0932 <a href="mailto:Leslie.r.johnson65.ctr@mail.mil">Leslie.r.johnson65.ctr@mail.mil</a>
<b>Art Therapy Group</b> <b>Active Duty Only!</b>	1300-1400—Thursdays	252-720-0292 <a href="mailto:faye.a.hines.ctr@mail.mil">faye.a.hines.ctr@mail.mil</a>

## Women's Health and Breast Cancer Awareness Month

Nearly 70% of all breast cancers are found through self-exams.

**Early Detection Saves Lives!**

-National Breast Cancer Foundation, Inc.